



The power of creativity,
the strength of
experience.



Foundation

in Coaching and Mentoring

Agile Group is delighted to present the Introduction to Coaching and Mentoring, a programme that, upon successful completion, awards a digital badge and an ILM-recognised credential.

Completing this programme will support you in establishing and further developing the foundations of your mentoring practice, allowing you to advance your professional business mentoring journey. The programme takes a minimum of 4 weeks to complete.

Learn to structure sessions and client processes effectively, explore mentoring models, and engage in reflective practice.

Benefit from coaching and mentoring supervision and guidance with support from tutors and peers.

The workshop is recognised by the ILM.

Who is this programme for?

This programme is designed for mentors and coaches with foundational knowledge in coaching and mentoring, aiming to deepen their understanding of professional mentoring practices and explore new ideas, theories, and principles in the field of Coaching and Mentoring.

Who is Agile Group?

Agile Group is a multi award-winning training provider and a ILM centre of Excellence.

Our expert tutors and strategic partnerships ensure personalised, impactful learning experiences for individuals and organisations alike.



Expert Tutors: Team of tutors with 25+ years of experience across diverse sectors, offering personalised support.



Flexible Approach: Tailored learning experiences to fit clients' values, goals, and growth stages.



Real-World Expertise: Pracademic trainers blend academic qualifications with practical coaching and mentoring experience in global business.



Unmatched Range: Our programmes cover qualifications from level 2 to 7 as well as bespoke courses for learners at all stages.



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What does the programme consist of?

All assessment methodologies are work related and designed to provide individual development and/or direct organisational benefits.

Workshops

Two half-day zoom workshops.
Recommended: 4 hours over a 4-week period to mentor an individual of your choice.



Survey(s)

Complete a reflective, individual session sheet to review your mentoring sessions to enable continued professional development.



121 Support

Delegates will be offered support throughout this programme on a 1-2-1 basis.



We recommend delegates carry out the provided pre-reading and map out their personal objectives for the program.

What will I learn on this programme?

- Know what it takes to be an effective coach and mentor.
- Understand the role and responsibilities of effective mentors and coaches.
- Learn how to manage mentoring and coaching processes using recognised models.
- Put your new skills into practice by carrying out peer supervised coaching and mentoring sessions.
- Analyse your mentoring and coaching performance in order to improve own ability.

"Just finished the Mentoring and Coaching programme with Naomi as my guide. Couldn't ask for more! Naomi is a fantastic teacher (10/10!) – a great listener who delivers insightful information and asks thought-provoking questions. **Highly recommend this course!**"

What happens upon completion?

The program provides you with a nationally recognised accreditation for professional coaching and mentoring.



Agile ILM Credential

You will receive a digital badge to use in your marketing activities.

Elevate your Coaching and Mentoring Skills

To continue to develop your coaching and mentoring skills, whatever your professional coaching and mentoring goals are, Agile Group is here to support your journey to achieve your full potential. Agile offers a full suite of learning packages from Introduction to Level 7.